



**Something
For everyone**
Festival features
film, music and
meat-and-geeks
Page 2

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Oh my
geewill**
Campus women
carry 330
picks-a-lemons.
Page 4

FRIDAY, NOVEMBER 11, 2011

CONCORDIA COLLEGE, WINSTON-SALEM, N.C.

WWW.SPOKEONLINE.COM

4751 GLEN RD. JR.

Waterloo Region remembers



THE FLAG BY SCOTT BLANKEN

A member of the Royal Canadian Legion holds a Remembrance Day flag in front of a service held at a memorial to Canadian veterans, during a ceremony held at Memorial Gardens Funeral Home last Saturday in Winston-Salem. Oct. 28

BY SCOTT BLANKEN

Over one million Canadians served in the Second World War as part of the Canadian Forces, the national armed and civilian defense forces. In 2011, there were approximately 75,000 veterans remaining, according to Veterans Affairs Canada. It is a year that is quickly fading from memory.

On Oct. 28, the way Gardens Funeral Home and Cemetery hosted its 11th annual Remembrance Day ceremony.

"We have over 400 veterans buried here," said Harry Campbell, funeral director at Memorial Gardens. "This is about a history of honoring the veterans we have been with us."

The ceremony began with military officials standing each of the graves of the veterans within Canadian Bay.

When the Royal Canadian Legion initially started about the ceremony, they became involved and a tradition was born.

The service at the front of several in Waterloo Region, and for the last few years has been held on the first day of the legion's prayer campaign, which raises funds to support veterans and their families.

"It's about remembering the veterans buried here," said Sandy Penner, Zone C of commander of the Royal Canadian Legion.

With a salute about the importance of remembering events and held on Remembrance Day, Penner said, "We everyone can be off on Nov. 11, and maybe that is a chance for the family of the veterans buried here to rest."

The ceremony began with a march of legion members belonging to Remembrance

the region. Accompanied by bagpipers, the parade moved the short distance from the funeral home to a small memorial honoring those who served. The march was being bearing the Canadian flag, the Union Jack, the NATO flag and the United Nations flag. Each was honoring Canadians who fought and stood under them.

Mark Newman, president of Zone C of the Royal Canadian Legion, has been present at the ceremony for 11 years.

"Usually a veteran for her around the in line," Newman said jokingly. Speaking about what Remembrance Day means to him, he said, "My dad was a veteran. He served two years — when he came home he met his first-year-old daughter."

Remembrance Day will mark the 85th anniversary of the end of the First World War, which passed from living memory in 2014 after the last known Canadian veteran died. The country still has approximately 9,000 Second World War veterans and 400,000 veterans of the Canadian Forces.

Remembrance Day events at Concordia will take place Nov. 11 in the atrium at the Doon campus and in the cafeteria at the Winston, Cambridge, and Graple campuses.



Canadian flags over the graves of veterans' home in the first of the ceremony. The staff place the flags every year in advance of Remembrance Day.

CERTIFIED NATURE THERAPY GUIDE PRACTISES IN HURON NATURAL AREA

Shirley Yule, therapist known as "Forest Bathing," is a Japanese-based practice scientifically proven to help with the restoration of creative function and the resolution of the stress response. cortisol. Recent events have taken the practice to Huron Natural Area in Annapolis, with walks by a certified forest therapy guide. For more information, see video at www.spokenonline.com

PHOTO BY MICHAEL WILSON



Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could give a group of people
one piece of advice, what would it be?



"Disperse"

Stuart Bullock,
first year
politics, security and
investigation

"Money talks. It says what
we can't say so I want you
to listen."

Brennan Karamanous,
first year
politics, security and
investigation



"Be prepared for tomorrow
but try to have some fun
today"

Thomas Inhof,
second year
community and criminal
justice



"Just breathe. Get it?"

Mark Schuchman,
second year
exploring therapy



"Use a life you're proud of"

Adriana Pearl,
second year
police foundation



"Life is only as good as
your intention."

Paul Blum,
first year
politics, security and
investigation



FELBERT CARTOONS



By G.A. Jones



Cartoon 3: www.felbertcartoons.com

Self-defence course held twice a year

BY SHARON HARTLEY

Conestoga College has held a rape aggression defence course three times since September 2013 and the number of participants keeps growing every year.

The one day course must recently be held at the college on Oct. 15, 16 and 18 as the winter program room at the new centre.

It is currently offered twice a year with Security Services helping to add a resource room to the basic run so to teach women how to defend themselves against physical and sexual assault. Women are taught various defensive manoeuvres to keep at small while travelling, at work or even if attacked while sleeping. The course also aims to encourage women who have been victims of sexual assault on the past and in a good life for women who are interested in getting law enforcement agencies.

Lorna Campbell, a security representative at Conestoga's Safety and Security Services,

said the course has been offered for many years.

"The college always got outside people to run this self defence course," she said, adding she was once at with the help of assistant supervisor Sandra Araya-Venado.

Campbell said she was trained to rape aggression defence at Ryerson in 2011 and has taken additional training in New Mexico (2014) and Michigan (2015). She was to attend yet another training session at Ryerson this February.

Campbell established a few key areas where women need to be more vigilant of their surroundings. She said they need to be careful when they are "not at night alone in parking lots and in dark areas."

She said her support comes as "women going out with their couples at night and later on to local music." She said it makes the possibility of stopping sexual.

Fifty-two participants took part in last month's session.

With the number of assaults increasing every year Campbell said, "I hoped more people would sign up."

Women from ages 16 to 60 have taken the course.

Students can find out about the winter session through the Conestoga's Board, posters and A&E in the hall ways.

Participants are required to sign up at Security Services in Room 8016. Classes are held three days a week from 8 to 5 p.m. A total of one hour has to be completed to get a course completion certificate.

CONNECTION

In an Oct. 30 story on the Rochester Zamboni Walk and Lockwood Grove a group that plays mini-golf, an indoor ice was given. The group meets Wednesdays at 5 p.m. and at times on Sundays, at 10 O'Clock in Rochester.

HOCKEY HELPS THE HOMELESS



PHOTO BY JAMES WELLS

Alan and Scott Tech, two of the 50 Hockey Helps the Homeless teams, took a break at 500 Park at Waterloo in this year's charity tournament Oct. 28. For more story, go to www.pulseonline.com.

Film festival brings more than just movies

By Jeff Labrecque

The opening night of the 10th annual Grand River Film Festival at the Grandfield Theatre in Cambridge brought a serious issue to the attention of the community, the problem of homelessness.

The film *Homeless Tracks* by Jeffrey Bayard showcased homeless musicians on the Toronto area exhibiting their music and expressing their vulnerability.

Just several minutes after the movie, Laraine Segura revealed the stories of some of the people she met and helped them to record their music.

She spoke with homeless musicians all over the city, on crossing bridges and sidewalks on park benches, under bridges and along the street tracks.

The stories of these people are heartbreaking and include these problems with mental health issues, addiction and histories of abuse. At the same time, their talent and the beauty they express through their music is a real gift.

One musician who is featured in *Homeless Tracks* also started out in Cambridge and ended up travelling all over the country playing music, as they said. She talked about

her depression and some of the experiences she has had. She said simply being filmed and seen was what made people to learn from what she has lived through.

"Everyone who is homeless has their story" and they are all different. The screening began on Oct. 24 with an introduction by Gayle O'Brien, the MC and a cast list from 2005's *Drive PM* who is a Cambridge College student.

She talked about the work that goes into these types of festivals and her appreciation for the film. She admitted she was not really a film person, but the movie she has seen at festivals have affected her emotionally.

"This really is something for everyone," she said.

The festival was held from Oct. 24-25 at venues across the Region of Waterloo. It featured 15 longer films and showed a number of short ones from the *GRAND RIVER* short competition.

There were guest speakers and panels of doctors, film professionals and local interest groups. In addition there were musical performances and gatherings with food and drinks.

Industry members provided learning opportunities for filmmakers, so they could meet

people and develop their skills.

At the opening night, behind the scenes and musicians on the stage you could hear soft choruses and acoustic chords as musicians played a tune from a moving soundtrack.

The Cambridge Symphony Orchestra was in place, and ready to perform.

They played a medley of film related songs and were led by music director Sebastian Tzou.

The curtains raised for another musical guest after Laraine Tzou was shown. Songwriter/producer Kate Gould began her living and although she has an apartment in Peterborough currently, she was homeless for a number of years. She was not able to care for her own children because of living in poverty and left home at a young age herself.

"Guilt may have sold my soul, but I'd never go selling my home. Yeah, Guilt may own my soul, but I'd never give, never give up," Gould sang.

Volunteer Joyce Kozak stressed the importance of the film and said work needs to be done in our community to help.

"Everybody needs to see this case" said Kozak.



Photo by Jeff Labrecque

Kate Gould sings her song called *My Soul* after the screening of the film *Homeless Tracks* at the Grand River Film Festival but she was featured in the film as a homeless musician in Toronto and their struggles.

In with the new at the KPL

By Meghan Belling

Strata Central is a new creative digital hub that will be added to the main branch of the Kitchener Public Library (KPL) in the near future. It will be an expansion of the current Digital Media Lab.

The library plans to add things like 3D printers, many a self-storage station, a virtual reality room and additional spaces for other activities. Last year, the KPL held a kick-off party for the Strata called Party in the Parks, in order to help raise money to go toward building Strata Central.

The kickoff party included things like the screening and *Algorithms* by the KPL and many other things like a book and some guest speakers including the senior executive director of Google, Sergey Brin; the mayor of Kitchener, Barry Bowman; and the past president of Creative Digital, Doug Reimer.

"It is clear that the community wants and needs this kind of space," said Barry Bowman, CEO of the KPL. According to the latest Pew Research Center report, entitled *Literacy 2010*

approximately 80 per cent of Americans think that libraries should teach people how to use technology and digital tools like computers, smart phones and applications. Fully 90 per cent of Americans think that libraries should give digital media tools like 3D printers, and allow people to use them.

"Not only that," he said.

Technologies evolve and the business evolve and libraries evolve," said the speaker. Ryan HIVE, executive director of KPL, said libraries are a digital anchor that promotes literacy.

During speeches, Woods said, "YouTube is the new way of learning. It combines people who want to learn with people who want to teach." The Strata will bring these people together face-to-face, and allow them to see what they've learned in practice.

"Throughout time libraries have been synonymous with learning and today we have a new type of literacy digital literacy," said John Rigg, manager of community connections and development at the KPL, who speaking about why Strata Central is important to Waterloo Region and the library.

The best of the worst

It is not just one day before the U.S. election. The American people especially, but also many around the world, are waiting in anticipation for the outcome. The election, certainly seems to be causing a lot more concern than our recent history. Unhappy, it is an election in which both candidates have earned high disapproval ratings. The question is how do you vote in such a situation? If both of our main party options seem unappealing, is a truly best to vote for what you think is the lesser of two evils?

I get the logic of such thinking, but I think on the long term it is a disingenuous method. By choosing politics to be a competition of which the least terrible of our terrible options we still end up with two terrible options. The current American election has perhaps dragged the election to such a disingenuous method. By choosing politics to be a competition of which the least terrible of our terrible options we still end up with two terrible options. The current American election has perhaps dragged the election to such a disingenuous method. By choosing politics to be a competition of which the least terrible of our terrible options we still end up with two terrible options.



Michael O'Connell

In the past of choosing between two evils, there have been those with supporters who say that there is literally nothing the candidates could say or do that would stop them from voting for their person.

"I think voters deserve better than the 'lesser evil' of voters choose to vote for the people they don't like. There will be no motivation for the leaders to run the best. The voters suppose for any country if suddenly takes of voters refused to vote for any major party, you might see a surge of new parties emerging. Maybe the major parties would work a little harder to get voters instead of simply trying to get as-though it at the mercy. They may actually have to get things done and make real the age happen.

Can you imagine an election where instead

of a much fight, we had a competition where all candidates were not only mostly rejected, and praised for a majority of the people? If every candidate were held to such a high standard that even promises from opposing parties could say they liked the opposing candidate badly, it doesn't even seem possible looking at the current U.S. election. Right, right it never will be of it, as voters, choose to support the lesser of two evils or those in Canada, rather than the best of the best.

At this point it is too late for America to change course. If I can help they are going to have to let someone else a majority of America to disapprove of. The lesson we can take away from this is to vote for people of integrity, vote the candidate you believe in. If you don't like anyone on the ballot, write names you approve of. If more people did this, maybe we would have more options in the future, candidates and in concept encourage people who would actually work for the benefit of their country.

Ariel isn't the only thing under the sea

BY SHARON KAGAN

How many pumpkins did you carve for Halloween? One, two? Meet the woman who made 100 gold 10-pumpkin to raise money for charity.

Kare Klyppen, 46, of Cambridge, has been raising money since September for the United Way of Cambridge and North Andover, an organization that empowers the lives of people in the community.

"It is a non-profit. They work with about 10 agencies in this area to help people financially move out of poverty," she said. "There is a connection with the food bank, they help with some adult literacy programs, they also work with children's social programs."

Klyppen has been carving jack-o'-lantern pumpkins for years and last year carved 75 of them. The money, including the Washburn Region Award, and many other volunteers came to see the display, she said. So, Klyppen and her husband came up with the idea of raising money for charity and doing something for the community that would last a little longer than Halloween night.

"Last year I didn't do a campaign. We were in the paper as an artist," she said. "People started coming to see the display. Since last year was my biggest attempt, I'll make the most money. So just seeing all the people come and getting all the feedback, this year we decided to raise money."

People could donate any amount. One little girl who came to the show dressed as Elsa from the movie Frozen dropped a \$5 bill into the donation box and asked Klyppen to carve a pumpkin.

"Most of my carved pumpkins, based on the last couple of years have been based on

things my son is interested in," said Klyppen. "Last year he was just three and he wanted superheroes. So I did all of the Iron Man and all of the villains."

Ashley Lundhardsen, her son who is now four years old, was charmed with sharks this year and so Klyppen decided to carve them in the sea.

"I have got some sharks that I have already carved," she said. "I have carved jellyfish, tropical fish, whales, some sharky things, sea horses, octopus, anything under the sea you can think of."

These carved pumpkins were on display on the night of Halloween outside her home, on the front lawn. Klyppen said she was dressed like a mermaid and her son was a shark. Her husband joined them by being a pirate.

On Oct. 1, the family went to harvest pumpkins at Klyppen's Family Farm, which supports her by giving her all of the pumpkins for free.

"We go out into the fields with our gloves and our wheelbarrows and pull the pumpkins off the vine and put them in the truck," said Klyppen. "We have done that since Adam was able to walk, all together as a family like a pumpkin harvest day."

She said she always finds ways to do things to the fullest and since pumpkin came and saw her display of jack-o'-lanterns, she wanted it to benefit others as well.

"We all come together for Halloween, so why don't we come together every other day," said Klyppen. "They (the United Way) are great supporters and they have these connections that put people in the right programs, it just seems like a perfect match."



PHOTO BY SHARON KAGAN

Kare Klyppen, shown with her son Asher Lundhardsen, sits with the pumpkins she carved outside their house in Cambridge. The pumpkins were only on display on Halloween night.



Comedy 4 Cancer attracts full house

BY MATTHEW TRANSLATA

Comedian's marketing strategy found that Comedy 4 Cancer event in Cambridge Brothers Room is a huge success. The event Oct. 18 drawing all proceeds to the Cambridge breast cancer research.

The venue was a full house. Although attendance was low, the marketing strategy called for a ticket donation from attendees at the show and during the event. It was also the first day The Venue started serv-

ing beer this year, attracting a crowd that previously expected.

Ready MacFarlane and Comedian's comedy Tip Wright, both comedians from Rusty Nail Comedy, a Kitchener-Waterloo comedy group, were the afternoon entertainment. They played the most money with laughter with jokes ranging from the reliable to the outrageous.

"Very early on I started to reach out to some charities" and the founder of Rusty Nail Comedy Alex Blue. "The res-

ult was at a point, I, myself, had been booked on comedy shows. They were always successful. The crowd is always there with a lot of support and I know it sounds obvious to do but it really did feel good to give your time to a good cause. The great thing about comedy is everyone is laughing, and that's the best part where you are doing them for money money."

October was Breast Cancer Awareness Month, bringing attention to the disease which affects one out of every 10

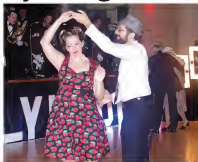
Canadian women. The profit portion of breast cancer research has helped increase the survival rate to 90 per cent, according to The Canadian Breast Cancer Foundation, and as high as 98 per cent in the two largest diagnosed age brackets of 40 to 49 and 50 to 59.

The marketing strategy was to use laughter to "reduce any pain and suffering." With a healthy donation from the audience and plenty of laughs as well, it's clear the event was a success.



PHOTO BY MATTHEW TRANSLATA
Rusty Nail comedian and Comedian's comedy Tip Wright delivers a raucous evening, plus during Comedy 4 Cancer at the venue on Oct. 18.

United Way jitterbugs to 75



Ang and Steve Wilson spin across the dance floor at United Way's 75th anniversary on Oct. 27.

BY NICHOLE LARIVIERE

United Way Katherine Watson and Ann celebrated its 75th anniversary by going back to the beginning. The fund-raiser, social dinner was used to thank volunteers and give back to the variety of agencies they support.

"It is a fund-raising event but it's really more about the recognition of the people who help us out," said Bruce Gordon, United Way's media and communications specialist.

Gordon brought it back to the very beginning of the agency with a 1941 theme. In 1941, the Katherine-Watson Folk-craft Chorus was created to raise money for the war work being done by local organizations. With the end of the Second World War, they continued to raise money for local social service agencies, including children

in some ways, it's partially lost of its anniversary and to get a chance to visit our donors out, our people who you know have been generous with us in the past," said Sharke.

They had many different foods to celebrate their donors, including food provided by Lark's Restaurant. Catering games, a drawing photo contest and the dance floor where lots of money during last year.

The 25 supported charities are ones that provide food, shelter and counseling as well as over 140 human care services.

Supporting United Way is simple. To make a donation, go to their website, www.uw.org. You can also show your support by holding an event to raise money. You can do this by filing out an event proposal on their website.

"This is a contribution not at

in some ways, it's partially lost of its anniversary and to get a chance to visit our donors out, our people who you know have been generous with us in the past," said Sharke.

They had many different foods to celebrate their donors, including food provided by Lark's Restaurant. Catering games, a drawing photo contest and the dance floor where lots of money during last year.

The 25 supported charities are ones that provide food, shelter and counseling as well as over 140 human care services.

Supporting United Way is simple. To make a donation, go to their website, www.uw.org. You can also show your support by holding an event to raise money. You can do this by filing out an event proposal on their website.

CRAVING SOME GRASS?



PHOTO BY NICHOLE LARIVIERE

Pointe d'Arce and humans share 80 per cent of the same genes. That's why we don't share a lot of genes.

sherwood

MUSICAL INSTRUMENTS | AUDIO | VISUAL



EVENT PRODUCTION | INSTALLATIONS

1000 W. 10th St., Suite 100, Regina, SK S4P 0Y9

1-800-567-5675

Alzheimer's disease... it's more than you think

Memory loss is not the only sign. Learn the other nine.

Time to kick it old school

BY KENNETH KILGORE

Canadian country singer-songwriters Telly Thack and his band are everywhere when it comes to kick those football games on the club up on some Shogun and plug in their Walkman radios, but instead of Nirvana, listen to his new album *Old School*.

At 35 years young, Thack is making out to whatever comes to mind, anywhere he could. Whether he performed at competitions or in front of his family and friends, he knew that one day he was going to make it big. At 15 he picked up and headed to Nashville with his old friend, then his new friend, Burlington, Ont. That country star has played with a variety of artists from different genres including country superstars like Garth Brooks, and later on some big head phenomenon like Darius Rucker.

However, his fame did not come for free.

"There is no hardship that tells you about the music business," said Thack, now 35 in an interview before his live at Rockwood on Oct. 15.

After two years of little success, Thack said he had returned to Canada. His con-

tinued high school like any other student until his friend talked him up as the arena industry and he was exposed by RCA Records.

He said the industry is not steady up and down.

"Sometimes songs don't sound right, or they don't do as well as you hoped. There are always struggles and things like that when you're not sure what is worth it."

But that did not stop the singer-songwriter. Thack released two albums before *Old School*. The first single in 2002, *We Shook Heads* (MCA in Montreal), was from a Country Music Television (CMT) showcase for *Real New Male* Country artists, however the single did not break the Top 30.

Thack moved back to Toronto where he continued to work hard in the industry. "I had no place to go," he said.

After another hit single in 2005 and a surprising but winning call from one of his former managers, John Bach of Big & Rich, Thack returned to Nashville in 2007 for good. He has matured his songwriting, he clearly states his intent.

"I was motivated to be true to myself and make my own sound. I didn't want to feel like it had to fit into a certain box."



Photo by Jeff HANLEY/FLICKR

Thack says, "This definitely is a country singer, but I grew up listening to everything and I like to write on all genres, so I wanted to push the envelope and make a record that fell on the far contemporary side of country."

Thack said it is easy to make a song that is straight from the middle, something you know that the radio will love and will shoot to the top in no time.

But, he added, "I'm not writing music and singing for the radio. Although it is nice to hear my songs over the air, I do it for the fans and listeners and not for myself."

His most recent album, *Old School* features 11 songs that sound very back to the 90s where many were easy and there wasn't a lot of the world.



Photo by Benjamin HALL/CM

Telly Thack, a Canadian country singer-songwriter, whips out his guitar during his live show, first live show on Oct. 15 at the Marquee Canal in Williamsburg, alongside fellow musicians Dan Seals and Ronnie Van Zooy (in photo above left).

Thack will perform a sold-out show at Rockwood on Nov. 15 for his last show of the Fall. Come. First live show. Thack had to turn down their local radio stations in his hometown to buy a record and great place.

"If you think of it, we let people come for free this year (by winning tickets) they tell their friends and then the scope and you have to show, like your. These people who are come back next year are come will definitely be one."

Stressed out?

BY KENNETH KILGORE

It is the most stressful time of year for the students. They are stressing about money, health, family and, of course, school and it is grades.

It is the time of year when you see stress workshops popping up all over the place. One, held at the Walpole Hotel in Kalamazoo — was called "There is no good a day" workshop, which took an extraordinary spin on the stress, healthy food, and healthy mind in a stress and anxiety workshop.

Kate Perry, one of the three organizers, and they wanted to "take away the business of the workshop by making a workshop that everyone could relate to. Something that would stand out and actually make people want to actually come to the workshop."

Perry, along with the other co-founders, Robin Kasper and Alison Pinsky, made this workshop all about the stress, stress, stress and ways to get out of it or reduce stress in your life.

Stress is a bad thing

Stress is a bad thing. When you are stressed out, you take a break and don't do anything. It helps to slow your breathing and heart rate, which is how you can be

you deal with your stress.

"Relaxing should be a priority," said Perry. "It helps to make an intentional intention."

Write it out.

Usually, taking a pen and write down everything that's stressing you. "Just list the problems," said Kasper. "Sometimes that's easier to do when a written out and you can see it right in front of you."

Talk it out.

"Talk therapy means you talk, write on your body" and "write it out" it makes you feel better.

Talking to people about stress, especially you are very difficult, don't do it alone. You're never. Talk to people who aren't involved in your stress. For example, if you're stressed about school, don't talk to your classmates. Instead, talk to others who might have a different perspective than you do.

Talk to your friends.

Think about positive and negative ways that you personally deal with stress. Write it down. Come up with some ways you can positively reduce stress levels and try to avoid using the negative factors you write down. Talk to friends about ways that they deal with stress, they might

be able to help you find a new way to reduce your stress.

1. Twenty-one days to make a habit, 21 days to break a habit.

Surprisingly, all it takes to make and break a habit is 21 days. You know that if you give one of the things on your positive list for at least 21 days straight, it will become something you do regularly.

2. The 10% rule.

Antoniou: What happened a student? What were you doing when you became unhappy?

Consequence: How did you react to the trigger (Antoniou: no)? What were the consequences?

Reinforce: How do you come to stress with what happened? When it comes to it, you're that could be making the consequence worse?

Take control of your response by thinking about the 10% rule. Think about what triggered a certain reaction, how you reacted to the trigger, and how you can react to that trigger. Remember, it's only a problem if you make it a problem," said Kasper. Which means that it's only because of thoughts in the back of your mind if you make it so.

CROHN'S & COLITIS

Make it stop. For life.

Tackling Crohn's and colitis

BY SCOTT BERNARD

Now when a Crohn's and Colitis Awareness Month Campaign is being held in October, a club dedicated to creating positive change in the local community will be holding a fundraiser throughout the month to try and help find a cure for Crohn's and Colitis.

The event, called *Give a Spoon*, will take place every Wednesday in November in the atrium on Northwestern's Deen campus. CCA hopes to educate students on the difficulties that Crohn's and colitis patients go through while keeping the fun at the top and spread the word. The event will feature a lot of food and a lot of fun. Donations will be collected for The Crohn's and Colitis, an annual event to raise funds for research on the disease. The work will be held in June 2011.

Crohn's disease, inflammation in the large bowel. The pain can sometimes be severe enough to require the removal of part or all of the large bowel, though medication can often provide relief. The onset of colitis is mild, uncommon, and temporary in the only known case.

Crohn's affects a larger area than colitis. Crohn's can require more pain anywhere along the gastrointestinal tract. Like colitis, the cause of Crohn's is unknown, making it difficult to cure.

"We have decided to hold this event because it is a disease that very few people talk about due to the nature of the symptoms," said Tim Hennigson, vice-president of CCA.